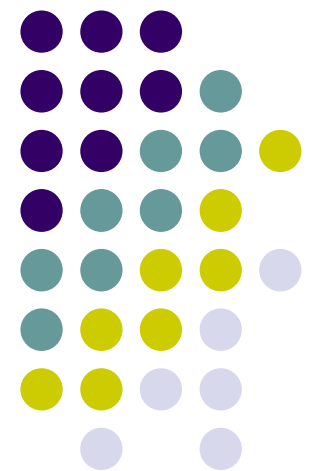


# Making a New Start - It's Never Too Late

Helping People Build Bridges  
to their Preferred Futures

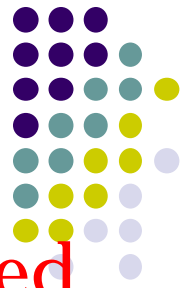


# Steps to Making that New Start



1. Take a fresh look; see with new eyes. It is **the consumers' home** and **your program to support them** in realizing their preferred futures.
2. Make your program a **PROCESS**, not a curriculum or prescription.
3. Make living in their home **fun and meaningful** to each person, while you encourage and support opportunities for self determination.

# Develop a Truly Individual Positive Support Plan



- A Positive Support Plan is an individualized plan to support each consumer in having the opportunities to experience their preferred future.
- The foundation of a good Positive Support Plan is finding out what matters to that individual person, and providing some of these activities and things that are enjoyable or meaningful to the person non contingently. (That means they do not have to be earned. The person has earned them by being in our program.)

# Getting to Know Someone is a Process



- Spend time with each person individually. If you don't know yet what they like, invite them to join you in doing some things that you like. You will find things out about the person!
- Step outside yourself and observe; be non judgmental
- Once you get information, use it! When you find out what someone likes, get it for them. Surprise them! (it doesn't have to be expensive) The thought counts!



## BENEFITS:

- It helps us make a connection. It helps us feel wanted; it can help us feel that we belong to a group. It can help us feel that we matter.
- It can help you make the connection with the consumer, and help develop the bond of trust that is necessary .
- Making a connection, and developing a bond is necessary to develop and sustain a relationship.

## IMPORTANCE:



- Making a connection is necessary to sustain a relationship
- Social and emotional development PRECEDES the development of:
- **COPING SKILLS**
- **SELF ESTEEM**
- **THE ABILITY TO TAKE ADVANTAGE OF OPPORTUNITIES FOR LEARNING**
- In order to help someone achieve these outcomes we must first develop a trusting relationship with them.

- **Social and Emotional Development** is:
- The **acquisition of capacities** for human relationships, emotional expression, communication and learning.
- **By taking the time and making the effort** to establish a connection with a person, we have **enhanced their capacity** to feel self esteem, and to learn new skills and competencies to help them achieve the opportunities they desire in their life for CHOICE SATISFACTION RELATIONSHIPS LIFESTYLE and RIGHTS





## Positive Support Plan Basics

- Coping Skills
- Relaxation Skills
- Communication Skills
- Opportunities for Relationships
- Involvement in Activities that are Meaningful to that person



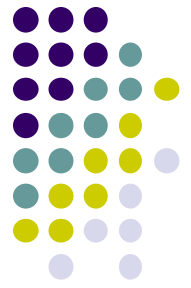
# COPING and COMMUNICATION SKILLS

– An Important component of every Individual Support Plan



- Does each person's support plan include specific strategies to help them:
  - Express frustration without aggression or property destruction
  - Avoid arguments when provoked
  - Handle being blamed or lied to
  - Cope when someone is insulting to them
  - Seek assistance in ways that are understood by others who do not know them
- (adapted from Universal LifeStiles)

## RELATIONSHIPS – An Important component of Life Quality for everyone



- Does each person's individual support plan include regular opportunities to:
- Interact with a variety of people
- Maintain individual relationships
- Contribute to group activities
- Express feelings of friendship toward peers
- Begin reciprocal conversations
- Initiate leisure activities with others
- Share laughter and jokes with others
- Compliment others (and accept compliments)

(adapted from Universal Lifestyles)

# Treasured Activities



- Does each program support the participation (or indulgence) of truly individual fun pursuits?
- Lie outside in the hammock past midnight on a hot summer night listening to the crickets
- Sleeping in and taking a long bubble bath
- Spending Sunday morning reading the papers and then going shopping for the flyer specials and Sunday lunch

(Treasured Activities adapted from Universal LifeStiles)

# Final Words (for Living and Working)



- Behavior really does Change Behavior
- Every Interaction is an Integrated Experience; what we do, and how we act and react influences the outcome
- Anytime and Anywhere in our lives that we make a Choice, OFFER THAT SAME CHOICE to the consumers we serve
- Most people just want to be heard.
- Never pass up the opportunity to listen.